



Norfolk Department of Recreation, Parks and Open Space

# 2010 NORFOLK SENIOR OLYMPICS

**Monday, May 3, 2010**

Bowling

AMF Norfolk Lanes



**Tuesday, May 4, 2010**

Golf

Ocean View Golf Course

Bridge

Ocean View Senior Center

Swimming

Norfolk Fitness and Wellness Center

Tennis

Northside Tennis Courts



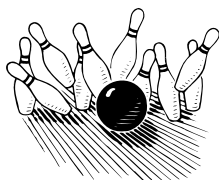
**Wednesday, May 5, 2010**

and

**Thursday, May 6, 2010**

Events

Joint Expeditionary Base Little Creek-Fort Story  
(Formerly Naval Amphibious Base Little Creek)



Individuals with a disability are entitled to participate in programs offered by the Norfolk Department of Recreation, Parks and Open Space. If you require any special accommodations, call 441-1035 **seven days** prior to the event. If you have a hearing impairment, please utilize the Virginia Relay Center at 1-800-828-1120.

# **KEEP THIS SHEET FOR INFORMATION!**

## **2010 NORFOLK SENIOR OLYMPICS**

### **Monday, May 3, 2010:**

- Bowling - AMF Norfolk Lanes

### **Tuesday, May 4, 2010:**

- Golf - Ocean View Golf Course
- Bridge - Ocean View Senior Center
- Swimming - Norfolk Fitness and Wellness Center
- Tennis - Northside Tennis Courts

### **Wednesday, May 5 and Thursday, May 6, 2010:**

- Events - Joint Expeditionary Base Little Creek-Fort Story – Formerly Naval Amphibious Base Little Creek
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### **Organized By:**

- Norfolk Department of Recreation, Parks and Open Space
  - Norfolk Department of Human Services
  - Norfolk Task Force on Aging
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The Virginia Senior Games will be held May 6-9, 2010 in Richmond, Virginia.

Contact the Virginia Recreation and Park Society at (804) 730-9447 or E-mail [www.virginiaseniorgames.org](http://www.virginiaseniorgames.org). For additional information call Sandra Gail Burton at (757) 441-1035. If you have a hearing impairment, please utilize the Virginia Relay Center at 1-800-828-1120.

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### **Eligibility:**

Individuals 50 or older who are residents of Norfolk, or volunteers and active members of senior citizens' organizations in Norfolk.

### **To Register:**

Complete both sides of the other sheets and mail by April 1, 2010 or E-mail to [dmills@nrha.us](mailto:dmills@nrha.us):

Donna Mills, Registration Chairperson  
Norfolk Redevelopment and Housing Authority  
P.O. Box 968  
Norfolk, VA 23501

### **Participants Pre-Registered:**

You will receive a written confirmation, which **MUST BE BROUGHT WITH YOU** on the day of your event or events in order to participate.

### **Lunch:**

Available from 12:00 – 1:30 p.m. Wednesday and 12:00 – 1:00 p.m. Thursday. **A suggested donation of \$4.00 per person is appreciated daily.**

### **Plus:**

Entertainment at lunchtime! Exhibits, games, and prizes on Wednesday. Parade of Athletes at 11:00 a.m. and Opening Ceremonies at 11:15 a.m. on Wednesday. Wii demonstration event on Wednesday and Thursday.

**Each participant must present a picture ID upon entering the Joint Expeditionary Base Little Creek – Fort Story (formerly known as the Naval Amphibious Base Little Creek).**

**Individual events may be cancelled if there is insufficient registration or inclement weather.**

**SCHEDULE OF EVENTS: SELECT ONLY ONE EVENT PER TIME FRAME EACH DAY!**

\_\_\_\_\_ **Bowling:** Monday, May 3, 2010 – Registration 9:15 a.m. and game time 10:00 a.m.

- AMF Norfolk Lanes, 2441 East Little Creek Road, Norfolk, Virginia 23518
- Bowling fee of \$6.25 is payable to the bowling alley on the day of the event.

\_\_\_\_\_ **Golf:** Tuesday, May 4, 2010 – Registration 7:00 a.m. and game time 8:00 a.m.

- Ocean View Golf Course, 9160 Norfolk Avenue, Norfolk, Virginia 23503
- The U.S. Golf Association rules will be used for this tournament.
- Golf fee of \$13.00 is payable to the golf course on the day of the event.
- Carts are available for an additional \$10.50.

\_\_\_\_\_ **Bridge:** Tuesday, May 4, 2010 – Registration 9:00 a.m. and game time 10:00 a.m.

- Ocean View Senior Center, 600 E. Ocean View Avenue, Norfolk, Virginia 23503

\_\_\_\_\_ **Swimming:** Tuesday, May 4, 2010 – Registration 9:00 a.m. and competition starts 10:00 a.m.

- Norfolk Fitness and Wellness Center, 7300 Newport Avenue, Norfolk, VA 23505

_____ ¼ Mile Swim	_____ 50 Meter Free Style	_____ 50 Meter Back Stroke
_____ 50 Meter Breast Stroke	_____ 100 Meter Free Style	_____ 200 Meter Free Style
_____ Water Walk Relay		

\_\_\_\_\_ **Tennis:** Tuesday, May 4, 2010 – Registration 8:00 a.m. and competition starts at 8:30 a.m.

- Northside Tennis Courts, 8445 Tidewater Drive, Norfolk, Virginia 23518
- \_\_\_\_\_ Tennis Singles ( 8:30 a.m.) \_\_\_\_\_ Tennis Doubles (10:00 a.m.)

**Wednesday, May 5, 2010**  
**Joint Expeditionary Base (formerly Little Creek)**  
**(Registration – 8:00 a.m. – 1:30 p.m.)**

8:30 a.m. \_\_\_\_\_ 100 Meter Dash  
8:45 a.m. \_\_\_\_\_ 200 Meter Dash  
9:00 a.m. \_\_\_\_\_ Discus  
9:00 a.m. \_\_\_\_\_ 1 Mile Walk  
9:30 a.m. \_\_\_\_\_ Shot Put  
10:00 a.m. \_\_\_\_\_ ½ Mile Walk  
10:00 a.m. \_\_\_\_\_ Frisbee  
11:00 a.m. Parade of Athletes

(Check in at the Logistics Tables)

11:15 a.m. Opening Ceremonies

**12:30–1:30 p.m. Lunch and Raffle Drawing**

1:00 p.m. \_\_\_\_\_ Softball Hit/Throw  
1:30 p.m. \_\_\_\_\_ Dance Contest (Couples Only)  
\_\_\_\_\_ Free Style Line Dance (3-7 Individuals)

Each person must fill out an application and, also, include name of group

**Group Name:** \_\_\_\_\_

2:00 p.m. \_\_\_\_\_ Bean Bag Toss

**Thursday, May 7, 2009**  
**Joint Expeditionary Base (formerly Little Creek)**  
**(Registration – 8:00 a.m. – 1:30 p.m.)**

9:00 a.m. \_\_\_\_\_ Table Tennis  
9:00 a.m. \_\_\_\_\_ Talent Contest (Max. 3 Minutes)  
10:00 a.m. \_\_\_\_\_ Billiards  
10:00 a.m. \_\_\_\_\_ Horseshoes  
10:00 a.m. \_\_\_\_\_ Dominoes  
10:00 a.m. \_\_\_\_\_ Spades  
10:00 a.m. \_\_\_\_\_ Basketball Throw  
11:00 a.m. \_\_\_\_\_ Basketball Dribble/Shoot

**12:00 – 1:00 p.m. Lunch**

1:00 p.m. \_\_\_\_\_ Pickle Ball  
1:00 p.m. \_\_\_\_\_ Checkers  
1:00 p.m. \_\_\_\_\_ Texas Hold'em  
1:00 p.m. \_\_\_\_\_ Jump Rope  
2:00 p.m. \_\_\_\_\_ Croquet

## This Form Must Be Filled out Completely for Eligibility and Awards!

Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
(Last) (First) (M)

Address: \_\_\_\_\_  
(Street) (City) (State) (Zip)

Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ Age Group: Circle One  
(50-54) (55-59) (60-64) (65-69) (70-74)  
(75-79) (80-84) (85-89) (90-94) (95+)

Gender: Female ☐ Male ☐

**Due to base security requirements, you will be asked to provide vehicle information for both drivers and passengers.** List make, model, license plate number, and vehicle license state of the car you will be driving on the Joint Expeditionary Base Little Creek – Fort Story.

**Will you be driving?** Yes ☐ - Complete below No ☐ - Complete Passenger Section

Name as it appears on your Driver's License: \_\_\_\_\_

Vehicle Make \_\_\_\_\_ Vehicle Model \_\_\_\_\_

License Plate Number \_\_\_\_\_ License State \_\_\_\_\_

**Will you be a passenger?** Yes ☐ - Complete below No ☐ - Complete Driver Section

Name of Person who will be driving: \_\_\_\_\_

Vehicle Make \_\_\_\_\_ Vehicle Model \_\_\_\_\_

License Plate Number \_\_\_\_\_ License State \_\_\_\_\_

**T-Shirt Size:** Medium ☐ Large ☐ X Large ☐ XX Large ☐ XXX Large ☐

### STATEMENT OF UNDERSTANDING

In regards to my participation in the Norfolk Senior Olympics, I grant full permission to the City of Norfolk, the Norfolk Task Force on Aging, and all those associated with the event to use any photographs, videotapes, and motion pictures in accordance with any other record of this event for any legitimate purpose.

I hereby certify that I am physically fit and able to engage in the Norfolk Senior Olympics activities for which I am registering and acknowledge and agree that the sponsors of the Norfolk Senior Olympics have no knowledge of my physical condition or abilities and are relying entirely on me not to attempt to undertake activities in the Norfolk Senior Olympics which I am not physically fit or able to perform without risk to my health or safety. I acknowledge and agree that the sponsors of the Norfolk Senior Olympics cannot make an independent evaluation of my physical health, condition, or abilities and are, therefore, relying upon my representation as stated herein.

\_\_\_\_\_  
(Signature)

\_\_\_\_\_  
(Date)